

# Senior Center SNAPS



## the SENIOR PIPELINE

M A Y  
2017

Get Active and Get Involved!



AARP Driver Safety

Winstar Casino Trip

Spud & a Show

Medicare Options for Veterans

HVP Presents: Summer Kick-Off

*Check out the  
calendar for new  
events and programs!*



### Operating Hours

Monday - Wednesday 7 a.m. - 7 p.m.

Thursday 7 a.m. - 9 p.m.

Friday 7 a.m. - 7 p.m.

Closed Saturday & Sunday

Hurst Senior Activities Center

700 Heritage Circle

Hurst, Texas 76053

817.788.7710

[www.hursttx.gov/hsac](http://www.hursttx.gov/hsac)



Get Connected with



Visit Randy Foster's blog at: <http://hurstseniors.blogspot.com/>

Cecil Kearney's Hurst Senior Center blogs at:

<http://hursttech.blogspot.com/> ; <http://hsc-pix.blogspot.com> ; <http://hurstfood.blogspot.com>





# SENIOR PIPELINE TIDINGS

MEMBERSHIP at the Senior Center is required and is open to Seniors ages 55 & over.

**Hurst Residents**      **\$20 per year**  
                                 **\$5 day pass**

**Non-Residents**      **\$80 per year**  
                                 **\$10 day pass**

## Thank You!

- |                                    |                                 |
|------------------------------------|---------------------------------|
| • Artisan Theater                  | • Lexington Place               |
| • Baylor Scott & White             | • Mark & Susan O’Brien          |
| • Best Donuts                      | • Meadowood at the Vineyards    |
| • Brown & Freeman                  | • Mid-Cities Pharmacy           |
| • Busy B’s Bakery                  | • Nations Insurance             |
| • Custom Fit Insurance, Mike Smith | • Parkwood                      |
| • Donut Plaza                      | • Richland Hills Rehabilitation |
| • Edward Jones, Adam Davenport     | • Senior Getaways               |
| • F3E Foundation Financial Educ.   | • Sixty&Better                  |
| • First Hurst Donut                | • Smile Donuts                  |
| • Golden Outlook Public Health     | • Tarrant County                |
| • Heartland                        | • TXDot                         |
| • Heritage Village Residences      | • Kreigh & Carol Valkenaar      |
| • Keller Oaks                      | • What’s Poppin Tx              |

## Senior Center Staff

Linda Rea	Director
Michelle Varley	Activities Supervisor
Laura Gore	Administrative Asst.
Linda Provence	Asst. Activ. Coordinator
Debbie Broseh	Part-Time Attendant
Diana Conway	Part-Time Attendant
Tammy McDonald	Part-Time Attendant
Roxanna Serrano	Part-Time Attendant
Gayle Stevens	Part-Time Attendant

By: Maurine LeCocq, HSAC Journalist

How many classes do you attend at HSAC? There are so many classes, groups, and events, it’s difficult to choose what to sign up for in any given month.

Perusing the April 2017 Senior Pipeline you can see there are a total of 30 instructors sharing their knowledge and expertise with us. Some charge a nominal fee, some donate their time, several instruct more than one class. How fortunate we are to have such talented and gifted people here for us.

One of our multi-talented instructors is Victoria Pederson who has been instructing the Writing Group for several years. She instructed a class in Spanish and is currently facilitating the Spanish Club. She is also instructing classes in Multi-Media Painting and Pastel Painting.

Another instructor, Debbie Smith, has been instructing Ceramics at HSAC since the center opened in November 2009. She also instructs students who want to make lamps and many other unique things out of Wine Bottles.

For several years David Hyland has been instructing Tai Chi, a Chinese system of slow meditative exercise, and providing Chair Massage and Reflexology at HSAC.

There is not enough space to personally identify all of the wonderful special people who instruct us in just about anything we want to learn. That includes some of our very artistic and dedicated staff members.

HSAC will be acknowledging and honoring our instructors during the month of May. Please make it a point to let your instructor(s) know how much you appreciate them. It’s nice to know that your students appreciate what you are doing.

On Tuesday May 9th HSAC will be a hosting a special “A Quick Bite” lunch that is complimentary for all of our instructors. Instructors should have received an invitation. Members are encouraged to stop by or join for lunch as well, but you must make a reservation and pay in advance at the front desk.

# OPEN ACTIVITIES

## Games

**“42” (Game Room)**  
Mon. & Wed. & Fri. 1:00 pm - 4:00 pm

**Acey Ducey/Backgammon**  
Wednesdays (CRC) 1:00 pm - 4:00 pm

**Billiard’s Room**  
*Open Daily*  
See calendar for organized games

**Chicken Foot**  
Tue. & Fri. 1:00 (CRC) pm - 3:00 pm

**Duplicate Bridge (Game Room)**  
Tue. & Thur. 12:30 pm - 4:00 pm

**Cards—Variety**  
Fridays (CRA) 1:00 pm - 6:45 pm

**Canasta**  
Tuesdays Hand & Foot (CRA) 10:00am-4:00  
Tuesdays (MPN) 2:00 pm - 5:00 pm  
Wednesdays Samba (CRC) 10 am - 1:00 pm  
Thursdays (Class Room C) 2:00 pm - 5:00 pm

**Marbles & Jokers (Lessons Available)**  
Thursdays (CRC) 10:00 am - 12:00 pm

**Mah Jongg (Lessons Available)**  
Monday (Class Room C) 2:00 pm - 4:00 pm  
Wednesday (Game Room) 10:00 am - 12:00 pm

**Mexican Train**  
Mondays (CRA) 1:00 pm - 3:00 pm

**Ping Pong (Class Room A)**  
Wed. & Fri. 9:00 am - 12:00 pm

**Party Bridge (Game Room)**  
Tue. & Thur. 9:00 am - 12:00 pm  
Fridays 10:00 am - 12:00 pm

**Pinochle**  
Mondays (Class Room A) 8:00 am - 12:00 pm  
Wednesdays (MPN) 8:00 am - 12:00 pm

**Rummikub (CRC)**  
Wednesday & Thursday 1:00 pm - 3:00 pm

**Scrabble**  
Wednesdays (CRC) 1:00 pm - 3:00 pm

## Health & Exercise

**Walking Group (14 laps make a mile!)**

**Work Out on Your Own**  
**With one of our available**  
**Exercise DVD’s**  
(See the front desk for room and video access.)

**Choose From:**  
Qigong  
Richard Simmons - Disco Sweat  
Richard Simmons - Silver Foxes  
Richard Simmons - Sweatin’ to the Oldies  
Tai Chi for Beginners  
Texercise  
Walk Away the Pounds  
Yoga for Beginners

## Arts, Crafts & Misc.

**Art Addicts**  
(Class Room B)  
Mondays 9:00 am - 11:00 am  
Thursdays 6:00 pm - 8:45 pm  
Fridays 10:00 am - 3:00 pm

**Coupon Clique**  
(Cafe)  
Tue. & Thur. 9:00 am - 12:00 pm

**Knot-a-Lot**  
(Studio B)  
Wednesdays 1:00 pm - 4:00 pm

**Quilting**  
(Studio B)  
Tuesdays 1:00 pm - 5:00 pm

**Wii Play**  
(Studio A)  
Monday & Wednesday 4:00 pm - 6:00 pm

## SOCIAL PROGRAMS

**MONTHLY DANCES** All Seniors 55+ are Welcome! Join us on the 2nd and 4th Thursday nights of the month, 7:00 pm - 9:15 pm for a great night out! Come to dance the night away or just listen to some fabulous music! Dances are only **\$5 per person** payable at the door and open to Seniors from all over the Metroplex. Senior Center membership is not required. Our dances feature a live band, dance host and light refreshments. Invite your friends to join you for an evening out! **May 11 "Pete & Patti"** and **May 25 "Doc Gibbs"** sponsored by Visiting Angels and Heritage Village Residences.

**POTLUCK BINGO (95002 5/75/MP)** **Thursday, May 4, 6:00 pm** Bring a side dish or Dessert to share. The Senior Center provides the main entrée, (Cheeseburger Mac Casserole) drinks and prizes. Please sign up in advance. **FREE!**

**MOVIES & MUNCHIES: "MR. CHURCH" (95001 5/75/MPN)** **Friday, May 5, 12:00 pm.** Join us as we offer a movie with "munchies" - including popcorn, drinks, and a snack for only **\$3 per person**. "Mr. Church" tells the story of a unique friendship that develops when a little girl and her dying mother retain the services of a talented cook - Henry Joseph Church played by Eddie Murphy. What begins as a six month arrangement instead spans into fifteen years and creates a family bond that lasts forever. Rated PG-13. Please sign up in advance.

**PREMIER TOURS GLOBAL (94055 1/25/SA)** **Tuesday, May 9, 11:00 am** Pattie Harrell (formerly Gotta Go Tours) has some upcoming travel itineraries and destinations to share, as well as information about her new travel venture. Come get all the details and start making your vacation plans.

**HAPPY HATTER'S MEETING (95040 1/75/offsite)** **Friday, May 12, 11:00 am** Hostess of the month Lynette Troub invites you to join her and the Hatters for a picnic in the park. Bring a sack lunch and a drink to the pavilion in the park just behind the Senior Center. Be sure and wear your red hat, purple attire and name badge! \$2 "Hatters' Fund" donation appreciated. Please sign up at the front desk so we know you're coming!

**BIRTHDAY PARTY (95006 6/75/MPN)** **Wednesday, May 10, 2:00 pm** Let us honor you on your special day. It doesn't have to be your birthday to attend; the party is open to all Senior Center Members. If it's your birthday month, we won't know if you don't sign up! Please sign up. Sponsored by Lexington Place Nursing and Rehabilitation. **FREE!**

**BREAKFAST CLUB (95015 10/50/MPN)** **Thursday, May 11, 8:30 am** Wake up and get up to the Senior Center for a hearty breakfast. Breakfast Enchiladas, juice, and coffee. Fresh fruit sponsored by Heartland, North Richland Hills. **\$3 per person.**

**BINGO IN THE AFTERNOON (95058 5/75/MP)** **Wednesday, May 17, 2:00 pm** Join us for an exciting afternoon of B-I-N-G-O! Light refreshments and beverages provided. Please sign up in advance. Sponsored by Keller Oaks. **FREE!**

**HISTORY OF AVIATION (94030 1/20/CRB)** **Wednesday, May 17, 2:00 - 4:00 pm.** Terry Reininger will present "Field Service". This will include some history, scope, Iran War, emergency situations and Other Wars. as well as Field Service personnel, procurement, parts, etc. **FREE!**

**WHAT'S FOR LUNCH? (95096 6/100/MPN)** **Thursday, May 25, 11:30 am** Once a month, senior center members Carol & Kreigh Valkenaar prepare a hearty meal for you to enjoy. Seating is limited. You are encouraged to sign up early! Cost is only **\$3 per person**. This month's main menu item is "Yummy Crusted Pork Chops." The meal comes complete with side dishes and more. Dessert is sponsored by Meadowood Assisted Living.

## SPECIAL EVENTS

**NIGHT AT THE ARTISAN (95005E 30/50/Artisan Theater)** Artisan Theater's "Buddy: The Buddy Holly Story" for Monday, May 8, 7:30 pm (doors open at 7 pm.) Reservations closed April 14. If you booked seats through the Senior Center, be sure to pick them up beginning Monday, May 1. You must provide your own transportation to the theater.

**AARP DRIVER SAFETY PROGRAM (94049E 1/20/CRC)** **Tuesday, May 2, 9:00 am - 2:00 pm** Expect to learn current rules of the road, defensive driving techniques and how to operate your vehicle more safely. Consult your agent for insurance discount availability upon course completion. AARP membership is not required. **\$15** for AARP members and **\$20** for non-members. Fees due at time of class, please have exact change or check, no credit cards. Bring your driver's license. Please note that class will be going through lunch and we offer "A Quick Bite" for **\$5** per person. You must sign up for lunch separately. Space limited. Sign up at front desk. Registration for this class opens April 1. Instructor: John Chreno.

**WINSTAR CASINO TRIP (95016E 45/56/bus)** **Wednesday, May 3, 8:00 am—6:00 pm** It's time for our annual trip to Winstar! A chartered deluxe motor coach will pick you up and drop you off at the Senior Center. Senior Center membership is not required, so friends and family are welcome to join us. We should arrive at Winstar in plenty of time for you to enjoy the free Senior Breakfast at the Gran Via Buffet. Registration opens April 3 and will close April 28. You must sign up in advance. Please plan to arrive early for departure as the bus will leave promptly at 8:00 am. No refunds unless trip minimum is not met. **\$25/pp**. Online registration is not available for this trip. You must complete a trip release of liability form. Please see a Front Desk Attendant to make your reservation.

**THE AGING MASTERY PROGRAM (94035C 1/50/MPS)** **Fridays, March 10 through May 19, 2:00—3:30 pm.** The Aging Mastery Program® (AMP) was created by the National Council on Aging (NCOA) to develop new expectations, norms, and pathways for people aged 50 to 100. AMP helps older adults and boomers build their own playbook for aging well. It is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity. The program consists of 10 core classes. Classes are led by expert speakers who help participants gain the skills and tools they need to manage their health, remain economically secure, and contribute actively in society. Classes are already underway, please check with the Front Desk for availability. **FREE!**

**SPUD AND A SHOW (95033E 1/100/MPN)** **Thursday, May 18, 5:30—8:00pm** Get out of the house tonight and enjoy a complimentary potato bar sponsored by Heartland, North Richland Hills and a classic movie "The African Queen" starring Humphrey Bogart and Katherine Hepburn rated PG. Please sign up in advance so we can prepare accordingly. Sponsored by Heartland North Richland Hills. **FREE!**

**CARFIT CHECK (94017E 6/24/Porte Cochere)** **Friday, May 19, 8:00 am - 2:00 pm** CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. A team of trained technicians work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. CarFit checks are **FREE** and take approximately 20 minutes to complete. You must schedule an appointment and sign up at the front desk. Sponsored by Baylor Scott & White and TxDot.

**HERITAGE VILLAGE PRESENTS: SUMMER KICK OFF (Heritage Village Park)** **Thursday, May 25, 6:00 pm—8:00 pm** Bring the family out to Heritage Village Park and kick off summer! Kids can enjoy inflatables and other pre-concert activities. "The Space Rockers" concert will begin at 7:00 pm. Free frozen treat for all attendees. Food vendors will be onsite. **FREE!**



# COMPUTER RESOURCE CENTER

**Computer Resource Center** The Computer Resource Center is FREE and always open during our regular operating hours for members to use. Please check in at the front desk to obtain an access key to the room. No food or drinks are allowed. We offer a variety of classes on technology related topics. Please be sure that you sign up for the class if you plan to attend. Should you need to use a computer while a class is going on, we kindly ask that you use a machine at the back of the room.

**Private Computer Lessons (93005 <sup>1/1/Comp</sup>)** **By Appointment** Do you need just a little one on one assistance with a computer issue? Do you prefer an individual lesson over a group lesson? Do you have a specific task you are trying to do or program you want to master? Make an appointment for a private computer training session. Instructor may vary depending on topic or area of desired training. Limited assistance is available for laptops and other devices. **\$5 for a 30 minute session.** Multiple sessions may be purchased at one time. Please sign up at the front desk and an instructor will contact you to schedule your private lesson.

**Computer Club (93035 <sup>1/16/Comp</sup>)** **May 8 & May 22, 1:00 pm - 2:30 pm** Join this informal class with a relaxed atmosphere where questions are encouraged. Learn new skills without fear; expand on what you already know; socialize with peers who share your interest in technology; and share your skills and knowledge with others. Instructor: Dave Thompson. **FREE!**

**Facebook for Desktop Computers (93041 <sup>1/16/Comp</sup>)** **Wednesday, May 24, 11:00 am - 12:00 pm** Learn the basics on how to use Facebook for your desktop computer. Learn how to add friends, block others, post status updates, and protect your privacy. No tablets, iPads, or cell phones please. Instructor: Tammy McDonald. Sign up so we know to expect you. **FREE!**

**Get Your Pics (lobby)** **Tuesdays, May 9 & May 23, 2:00 pm** Want copies of the pictures that have been taken here at the Senior Center? Bring a thumb drive. **FREE!**

**iPad and iPhone** Now offered twice per week so more people can attend. Explore a different topic related to iPad and iPhone technology each week. Please note that Monday & Friday will be the same discussion, just on two different days current participation levels. Bring your device and questions. Instructor: Fannette Welton.

- **Mondays (93030 <sup>1/16/Comp</sup>)** **May 1 - 22, 3:00 pm - 4:00 pm.**
- **Fridays (93042 <sup>1/16/Comp</sup>)** **May 5 - 26, 10:00 am - 11:00 am.**

**Windows 10 (93004 <sup>1/16/Comp</sup>)** **Tuesdays, 10:00 am - 11:00 am** Class is for those new or transitioning to Windows 10. All lessons are displayed on the projector screen for you to follow. The Computer Resource Center machines are Windows 8, but you are welcome to bring your laptop with you. Free!

- Week 1– Do what you did before Wind 10
- Week 2– New and fun stuff on the tiles
- Week 3– More to do on the Start Screen
- Week 4– Fun with new search program

## Tarrant County Senior Jamboree 2017



**Thursday, May 18th  
9:00 am - 1:00 pm**

**YMCA Camp Carter**  
(See flier at front desk for more details)

# CREATIVE ARTS



**Caring Covers** Our Senior Center members are like a close-knit family. When one of our members is sick, has lost a loved one or is just having a rough time, we want to reach out to them. Please advise the front desk staff if you know of a fellow member who is in the hospital, grieving or feeling down, so that a "Caring Cover" can be shared with them.

**"Knot-a-Lot" (Open <sup>1/25/SB</sup>)** **Wednesdays, 2:00 pm - 4:00 pm** Bring your own supplies and projects and work on your "knotted" creations. Crochet, knitting, embroidery, or any other craft that involves a "knot" is welcome to join and "knot" among friends. Yarn donations are always needed for the Caring Covers that the "knotters" make. Donations can be left at the front desk. **FREE!**

**Pinterest Boards & Projects (<sup>1/12/SA</sup>)** **Tuesdays, 9:00 am–12:00 pm** Do you have a Pinterest want to do list? Come to this class where we will share boards and project interest and select projects to do together. Instructor: Staff.

- **May 9 (91006)** Flip Flop Wreath. Class Fee \$5; Supply Fee \$15.
- **May 16 (91007)** Citrus Stamped Tea Towels. Class fee \$5; Supply Fee \$15.
- **May 23 (91008)** Ceramic Bowl. \$5 per bowl.
- **May 30 (91009)** DIY Pin Cushion. Class fee \$5; Supply Fee \$10.

**Empty Bowls 2018 (91003 <sup>1/15/SA</sup>)** **Thursday, May 11, 9:30 am - 12:30 pm** Love to paint, but don't know what to do with it when its done? Design a bowl to keep or to be donated to the Tarrant Area Foodbank's Empty Soup Bowls 2018. Instructor: Staff. \$5 per bowl.

**Ceramics (91001 <sup>1/25/SA</sup>)** **Tuesdays & Thursdays, 1:00 pm - 5:00 pm.** Bring your own supplies. Greenware available for purchase from instructor. Pieces fired onsite. Instructor: Debbie Smith. \$5 fee due at the beginning of each month. Please sign up at the front desk.

**Wine Bottles (91054 <sup>1/25/SA</sup>)** **Tuesdays & Thursdays, 1:00 pm - 5:00 pm.** Bring your own bottle(s), then decide what you want to make. Lamps require a \$3 cutting fee and light kit payable to instructor. Decals available for purchase from instructor. Instructor: Debbie Smith. \$5 fee due at beginning of each month. Please sign up at the front desk.

**Glass Fusion (91092 <sup>1/10/SA</sup>)** **Friday, May 19, 1:00 pm** Use your own materials. Participants are required to have taken the Glass Fusion Lessons class at least once. Center and staff are not responsible for outcome of fired pieces. Limit of 20 jewelry pieces per month. \$5 monthly fee.

**Coloring Therapy (91018 <sup>1/25/SB</sup>)** **Thursday, May 18, 10:00 am - 12:00 pm** Coloring books are no longer just for kids. In fact, adult coloring books are all the rage. Research has shown coloring has therapeutic potential to reduce anxiety, create focus and bring about mindfulness. All supplies are provided. Marie Veneralle, Golden Outlook Insurance. **FREE!**

**Floral Arranging (91050 <sup>1/8/SA</sup>)** **Tuesday, May 16, 2:30 pm.** Learn to make a beautiful silk arrangement in a tall glass cylinder. Instructor: Diana Conway. Class Fee \$5; Supply fee \$20.

## Display Case

Please bring your Collectible Plates or Cups and Saucers for others to admire and enjoy for the month of May. Items need to be clearly labeled with your name. Please bring to front desk May 1st and need to be picked up by May 31.



## CREATIVE ARTS

**Art Addicts** Are you interested in sketching, painting or just seeking a creative outlet and want to enjoy the company of others with like interest? Bring your own supplies and materials and work on your own projects. No matter what your artistic ability level, all are welcome! Join in the fun; discover and share your hidden artistic talent.

- **Mondays, 9:00 am - 11:00 am (91002 <sup>1/16/CRB</sup>)**
- **Thursdays, 6:00 pm - 8:45 pm (91004 <sup>1/16/CRB</sup>)**
- **Fridays, 10:00 am - 3:00 pm (91005 <sup>1/16/CRB</sup>)**

**Multi-Media Painting (91101 <sup>1/16/CRB</sup>)**  
**Mondays, 12:15 pm - 4:00 pm** Classes on the use of watercolor, pastels, acrylic, and oil painting. Choose your medium! Instructor Victoria Pedersen. \$40/mo.

**You Can Paint with Oils (91074 <sup>6/15/SA</sup>)**  
**Friday, May 5, 9:30 am - 12:30 p.m.** Painting title: “Sailing To St. John.” Even if you've never held a paint brush or can't draw a straight line you will be amazed at the beautiful oil painting you can create in one fun and inspiring lesson. Learn basics of color mixing, brush strokes and perspective. All supplies, canvas, paints, brushes, easel and detailed lesson plan are provided. Bring paper towels and wear old clothes. Instructor fee \$15; Supply fee \$18..

**Pastel Painting (91027 <sup>1/16/CRB</sup>)**  
**Thursdays, 1:00-5:00 pm.** Do you have a passion for pastels? Whatever your preference: posies, puppies or portraits - come and explore the techniques with us; create vibrant full-of-life paintings. See instructor for a list of supplies. See you at the easel! Instructor: Victoria Pedersen. \$40/month.

**Glass Fusion Lessons (91073 <sup>1/10/CRB</sup>)**  
**Wednesday, May 24, 9:30 am.** Learn to cut glass and more as you create a pendant for a necklace. 2 piece limit per class, \$5 per additional piece. Supplies provided. Instructor: Diana Conway. Class fee \$15.

**Quilter’s Choice (91024 <sup>1/12/SB</sup>)** **Mondays 10:00 am—1:00 pm** This month we will start the Binder Tool Quilt from Missouri Star Quilt Co. See instructor for project details. Instructor: Jan Cook. \$25/mo.

**Quilter’s Lab (91078 <sup>1/12/SB</sup>)** **Tuesdays 10:00 am—1:00 pm** Instructor assistance with your project. Instr: Jan Cook. \$25/mo.  
**Beginner Quilt Making (91047 <sup>1/6/SB</sup>)**  
**Wednesdays 10:00 am—1:00 pm** Come learn all the basics of quilting. Small project finished in a month! Instructor: Jan Cook. \$25 monthly fee.

**Writing Group (94064 <sup>1/15/CRB</sup>)**  
**Thursdays, 10:00 am - 12:00 pm** Join this comfortable, yet professional group for getting your writing ready for publication. Writing includes poetry, short stories, novels, memoirs, essays, speeches, documentation and other written material. Bring pen, pencil, paper, eraser and imagination! Instructor: Victoria Pedersen \$15 month.

**Jewelry Repair (91026 <sup>1/8/SA</sup>)** **Monday, May 22, 12:30 pm - 2:00 pm** Bring your broken costume jewelry to be repaired. Replace broken clasps, restring beads, and other minor repairs done. **\$5 repair fee** for a maximum of three pieces of jewelry. Please sign up in advance to help us assess jewelry repair needs. Instructor: Diana Conway.

**HSAC Crafting (91094 <sup>1/25/SA</sup>)**  
**Wednesdays, 10:00 am—12:00 pm.** Join Diana as she begins work on creating fun and easy items to be sold at the 2017 Craft & Holiday Market. Items are made from donated materials, proceeds benefit our Senior Center. Supplies are provided. **FREE!**

**Bead Mania I (91048 <sup>1/8/CRB</sup>)** **Tuesday, May 9, 2:30 pm.** Create a custom silver Mother’s Bracelet with “Birthstone Pearls”. Instructor: Diana Conway. Class fee \$5; Supply fee \$8.

**Bead Mania II (91056 <sup>1/8/SA</sup>)** **Tuesday, May 23, 2:30 pm.** Create a lovely Cosmic Crystal and silver bracelet. Instructor: Diana Conway. Class fee: \$5; Supply fee \$15.

## FUN & GAMES & GROUPS

**Billards’ Corner** Please sign up to play in these organized games:

- **Ladies Powder Puff Pool (95079 <sup>8/12/BIL</sup>)** **1st Wednesday each month, 2:00 - 4:00 pm** Ladies only. No experience needed. **FREE!**
- **8-Ball Tournament/Singles (95078 <sup>8/24/BIL</sup>)** **Friday, May 12, 11am-4pm \$3/pp.** Sponsor: Adam Davenport, Edward Jones.
- **Partners Pool (95086 <sup>7/14/Bil</sup>)** **Wednesday, May 17, 11:00 am.** Partners to be determined. **FREE!**
- **9-Ball Singles Tournament (95029 <sup>8/24/BIL</sup>)** **Friday, May 26, 11am-4pm. \$3/pp.** Sponsor: Celia Neyra, Nations Insurance Solutions.

**Book Club (94078 <sup>1/20/Conf</sup>)** **Monday, May 15, 3:00 pm** This month we will discuss “Tribe” by Sebastian Junger We will read “A Man Called Ove” by Fredrick Backman and /or a nonfiction book of your choice. Facilitator: Elaine Wicker. **FREE!**

### **Texas Hold’em Tournaments**

- **Tuesday, May 9, 10:00 am - 12:00 pm(94012 <sup>1/40/MPN</sup>)** No frills. Just playing for fun and practice.
- **Wednesday, May 24, 2:00 - 4:00 (95007 <sup>1/40/MPN</sup>)** Put your best poker face on and join us! Playing is just for fun, no cash is used. Light refreshments provided. Prizes awarded at the end of the tournament. Winners are recorded for the Play Off Game at the end of the year. Spons: Mike Smith, Custom Fit Insurance.

**Spanish Club (94004 <sup>1/20/CRB</sup>)**  
**Wednesdays, 11:00 am** Hola! Cómo estás? Come join this group to learn and practice Spanish. This is not a structured class, but consists of people with some experience in the language and a desire to increase their vocabulary usage. Facilitator: Victoria Pederson. All are welcome! Sign up! **FREE!**

**Bunco (95092 <sup>5/30/MPN</sup>)** **Thursday, May 25, 3:00 pm** Play this fun, social dice game that requires no skill, but lots of luck. Refreshments and prizes provided. Sponsor: Brown & Freeman, LLC. **FREE!**

**Karaoke & Music (95035 <sup>5/100/MPN</sup>)** **Mondays 2:15 pm - 4:00 pm** Music is therapy for the heart and soul. Join this group for a fun, light hearted afternoon that will lift your spirits. No talent required. We use a variety of media including guitars, keyboard, and karaoke. All instruments and voices are welcome! **FREE!**

**Learn a New Game!** Please sign up so instructors can plan properly. No experience necessary. See our Open Activities for a full list of games and times.

- **Rummikub (94009 <sup>1/16/CRA</sup>)** Wednesdays & Thursdays, 1:00 pm - 3:00 pm Tile-based game for two to four players, combining elements of the card game rummy and mahjong. Instr: Faye Branche
- **Acey Ducey Lessons (94023 <sup>2/12/CRC</sup>)** Wednesdays 1:00 pm - 4 pm. Variation of Backgammon with different scoring and includes the roll of dice for extra value, strategy is the same. Instr: Ronald Bryan.

**Cafe Exchange (94062 <sup>1/30/SA</sup>)** **Mondays & Fridays, 10:00 am - 1:00 pm** What began as a few folks talking over coffee has developed into a group of enthusiastic and engaged individuals who enjoy sharing thoughts, ideas, stories, and conversation. All are welcome! Grab a chair, cup of coffee and join us! **FREE!**

**Aircraft & Helicopter Science Group (95031 <sup>1/16/CRB</sup>)** **Wednesday, May 3, 2:00 – 4:00 pm** Your help is needed to develop and present aviation programs in area schools and Boy Scout troops on engineering, math and vocational careers. Instructor: Bob Shultz

**Newcomer’s Connection (94005 <sup>1/15/Conf</sup>)**  
**Friday, May 12, 2:15 pm** Are you new to the Senior Center? Want to get involved? Have questions about our programs? Staff member Gayle Stevens will help you. Please sign up so we’ll know to expect you. **FREE!**

**42 Player Luncheon (94048 <sup>5/30/SA</sup>)**  
**Wednesday, May 10, 12:30 pm.** Once a quarter, the 42 players are going to meet for a potluck luncheon. Each player is asked to bring a dish to share. Plates, napkins, utensils, cups, and beverages will be provided. Please sign up at the front desk.

## FITNESS/HEALTH/WELLNESS

**Fitness Room** Our fitness room is furnished with the latest in resistance equipment, free weights and cardio machines. For your protection, you **must wear** closed toed shoes with rubber soles and backs (no slip ons) when using the fitness room. Please limit equipment use to 30 minutes at a time. Fitness orientation **is required** before use of the fitness room.

**Fitness Orientation** is offered every Monday at 1:00 pm and the 2nd & 4th Wednesday of each month at 6:00 pm. We kindly request that all new members enroll in the Fitness Orientation class prior to using the equipment in the Fitness Room.

**Personal Training** (92020; 92041; 92042) Personal trainer Rosy Pritchett is available to assist you in reaching your individual health and fitness goals. She will work with you to develop an effective exercise program designed specifically for you. Sessions are paid through the front desk. Appointments are scheduled directly with the trainer. **\$35/hr.**

**Chair Massage & Reflexology** (PoS) **Wednesdays 10:00 am - 11:00 am** Massage benefits include: stress relief, immune system boost, improved circulation, muscle pain relief, and more. Appointment is required, see front desk. Therapist: David Hyland. \$1 per minute.

**Fit Start I Exercise Class** Instructor led fitness class designed for those just starting to exercise and also for those with low mobility. Please bring a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Mondays (92063 5/30/MPS)** 5:00 pm, Instructor: Debbie Melchiorre **\$10.00/ 4 classes**
- **Tuesdays (92036 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$12.50/5 classes**
- **Wednesdays (92062 5/30/ MPS)** 5:00 pm, Instructor: Debbie Melchiorre **\$12.50/ 5 classes**
- **Thursdays (92058 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$10.00/ 4 classes**

**Fit Start II Exercise Class** This class is for those ready to move to the next level in their fitness. Class will include floor exercises. Please bring an exercise mat and a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Mondays (92051 5/30/MPS)** 9:00 am, Instructor: Rosy Pritchett **\$10.00/ 4 classes**
- **Wednesdays (92050 5/30/MPS)** 9:00 am, Instructor: Rosy Pritchett **\$12.50/ 5 classes**

**Zumba Gold** Latin inspired fitness dance classes taught by certified instructors. Purchase a punch card for **\$20** for 5 sessions, which can be used as often as you like until you have taken the 5 classes. (Must be used within 3 months of date purchased). Purple card/Tuesdays. Green card/Wednesdays.

- **Mondays (92001 5/30/MPN)** 10:15 am - 11:00 am Instructor: Rosy Pritchett
- **Wednesdays (92002 5/30/MPN)** 10:15 am - 11:00 am Instructor: Kalyn Worthey

**Tai Chi (92049 3/20/MPN)** **Wed. 9:00 am - 10:00 am** Chinese system of slow meditative exercise designed for relaxation, balance, and health. Instructor: David Hyland. **FREE!**

**Social Ballroom Dance Lessons For Beginners (92056E 5/50/MP)** **Fridays, 11:00 am - 12:00 pm** Mark & Susan O'Brien are seasoned dancers and instructors. They have performed throughout the Metroplex, the Texas State Fair, Oklahoma Folies and other venues. They will be bringing this special 8 week class series to HSAC. Classes begin **May 12 and continue through July 29. FREE!**

## EDUCATION & SEMINARS

**Medicare Counseling Mon, May 1, 10:00 am** The Medicare program is made up of several parts that offer various benefits, including hospital. (Part A), medical for doctors' services (Part B), and prescription drug coverage (Part D). Stop by and visit with Mike Smith about your coverage and options. Sponsored by: Custom Fit Insurance. **FREE!**

**CPR Training (94072 1/6/SA) Tuesday, May 2, 1:00 - 3:00 pm** Class includes hands on instruction in CPR and training on how to use an AED. Participants will receive a book and AHA certification card. Instructor: Gerald Campbell. Instruc. fee: \$25 Supply Fee: \$12.

**Edward Jones Presents (94040 1/24/Conf) Friday, May 12, 10:00 am.** "Investing 101". Drawing for a prize. Adam Davenport will be available for specific questions or a free review after the class. **FREE!**

**Basic Self-Defense for Seniors (95091 1/15/MPS) Tuesday, May 16, 10:00 am - 11:00 am** Come for this one-hour crash course on awareness, defensive and getaway moves for the senior. Instructor: David Scott who holds a Black Belt in Karate. **FREE!**

**Medicare Advantage (94032 5/20/Conf) Tuesday, May 16, 10:00 am - 11:00 am** Learn about Medicare plan options and 2017 Medicare updates. Information on area plans will be available. Sponsored by Celia Neyra Nations Insurance Solutions. **FREE!**

**Ask A Pharmacist: Maintaining Memory (94087 1/16/MPN) Wed, May 17, 10:00 am** Strategies for reducing memory loss, pre-dementia and pre-Alzheimers. We all forget things. We often hear that our memory gets weaker as we grow older. Is that true? Our pharmacist will talk about strategies and medicines that can help someone slow down their memory loss. This class would also be helpful for caregivers. Join us! Instructor: Aemad Aslam, Mid-Cities Pharmacy. **FREE!**

**Advanced Self-Defense for Seniors (95093 1/20/MPS) Tuesday, May 9 & 23, 10 am - 11:30** This class is a more intense training of the basic class. Participants must have taken the basic class first. Instructor: David Scott **FREE!**

**Health Talk: "Is Continuity of Care the Secret Sauce of Healthcare?" (94056 1/25/SA) Wednesday, May 10, 1:00 pm.** Bryan Demarie, M.D. (Medical Director of USMD/WellMed) will be speaking about the importance of coordinated senior care and the USMD senior care program.. **FREE!**

**Essential Oil Workshop (94082 1/25/SA) Monday, May 8, 1:00 pm** "Vitality Line of Essential Oils". Learn about ingestible oils, how to use them in everyday health including cooking. Make It and Take It" \$5 fee payable to instructor: Patricia Maniscalco

**F3E: Annuities - How to Avoid the Long Term Care Crisis (94001 1/16/Conf) Tuesday, May 16, 1:00 pm** Did you know that in 2010, the average cost of long term care for retirees in America was \$6,235 per month? Being prepared is key to a successful retirement, which is why in our Long Term Care class we will be discussing some startling statistics about long term care.

- Your options for coverage
- How to use life ins to offset the cost
- How Medicare & Healthcare will work
- Benefits for your family and yourself

The time to start talking about your long term care plan is now! Join us for a class where you'll learn the information you need to make educated decisions about your future. **FREE!**

**Fulfilling the Feasts of Israel (94074 3/14/Conf) Wednesday, May 10 & 24, 10:00 am - 11:00 am** The Jewish people have celebrated the seven Jewish feasts, in one form or another, for 3,500 years. Velda Stearn has done extensive research and study and has compiled it in her recent book "Fulfilling the Feasts of Israel." Join her as she guides you through a study of the Feasts and a better understanding of their significance. Book can be purchased from instructor Velda Stearn for \$15. **FREE!**

**Medicare Options for Veterans (94057 1/50/MPN) Thursday, May 11, 10:00 am** Confused about Medicare vs VA benefits? You can be eligible for benefits from both, but they do not work together. Learn how to maximize benefits Spons.by: Humana. **FREE!**



# AQUATICS CLASSES

**UNSTRUCTURED WATER TIME** Use of the pool for unstructured water time is scheduled three days per week in two 55 minute increments. Space is limited to a maximum of 15 participants per day/time slot. Water noodles and kick boards are available for your use. We kindly ask that you return the equipment to the designated area when you are through using it. Inflatable floatation devices are prohibited.

- **Mondays, 10:00 am - 10:55 am (92065 <sup>3/15/HVR</sup>) \$5/month**
- **Mondays, 11:00 am - 11:55 am (92066 <sup>3/15/HVR</sup>) \$5/month**
- **Wednesdays, 10:00 am - 10:55 am (92067 <sup>3/15/HVR</sup>) \$5/month**
- **Wednesdays, 11:00 am - 11:55 am (92068 <sup>3/15/HVR</sup>) \$5/month**
- **Fridays, 10:00 am - 10:55 am (92069 <sup>3/15/HVR</sup>) \$5/month**
- **Fridays, 11:00 am - 11:55 am (92070 <sup>3/15/HVR</sup>) \$5/month**

***Purchase a 5 class Punch Card (92075 & 92076) for \$20. Choose your day and time. Come when it's convenient for you. No worries about missing a class. (Card only applies to instructor led classes.) See front desk for details.***

**WATER WELLNESS** If you have sore or tight joints, lower back pain, balance issues, or general aches and pains, come try out this gently paced water wellness class to help ease your symptoms. The water allows you to extend your joints and muscles in ways you are not able to on land. Swimming skills are not required. Instructor: Behka Hartmann

- **Tuesdays, 10:05 am - 10:45 am (92071 <sup>3/15/HVR</sup>)**
- **Thursdays, 10:05 am - 10:45 am (92072 <sup>3/15/HVR</sup>)**

**WORK IT IN WATER** Improve your cardio strength, endurance, and muscle tone in this awesome aqua class while you have fun, too! Aqua weights, noodles and kick boards along with your own body weight will be used to maximize your workout. Swimming skills are not required. Instructor: Behka Hartmann

- **Tuesdays, 11:05 am - 11:45 am (92073 <sup>3/15/HVR</sup>)**
- **Thursdays, 11:05 am - 11:45 am (92074 <sup>3/15/HVR</sup>)**

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00
10:00 - 10:55 Unstructured Water Time	10:05 - 10:45 Water Wellness	10:00 - 10:55 Unstructured Water Time	10:05 - 10:45 Water Wellness	10:00 - 10:55 Unstructured Water Time
11:00 - 11:55 Unstructured Water Time	11:05 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time	11:05 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time

# FITNESS/HEALTH/WELLNESS

**Line Dancing** Line Dancing Lessons are a great way to get in some fun physical activity. Studies have also shown dancing to help in areas of memory, balance, cardiovascular and vertigo. You never need a partner and lessons are taught using all genres of music. Join Instructor Barbara Albright every Thursday for these **FREE** dance classes.

- **Hurst Liners Practice (92059 <sup>5/15/MP</sup>)** Thursdays, 12:30 pm - 1:00 pm
- **Beginners Line Dance (92054 <sup>5/50/MP</sup>)** Thursdays, 1:00 pm - 1:45 pm
- **Intermediate Line Dance (92055 <sup>5/50/MP</sup>)** Thursdays, 1:45 pm - 2:30 pm

**Non-Contact Boxing (92057 <sup>5/12/MPS</sup>) Wednesdays, 4:00 pm – 4:45 pm** Non-Contact Boxing is a great way to improve agility, speed, endurance, accuracy, balance, hand-eye coordination, footwork and overall strength. This class is designed with Parkinson’s patients in mind, but anyone can benefit from the exercise and is welcome to participate. Classes are **\$2.50 each** payable at the beginning of each month. Instructor: Rosy Pritchett.

**Ageless Grace (92007 <sup>5/30/MPS</sup>) Thursdays, 10:30 am - 11:15 am** Ageless Grace is a program that works on all five functions of the brain as well as the 21 primary physical skills we need for aging youthfully. Designed so that almost anyone of any age, ability, body-type, size or with any physical challenge can participate and benefit from the simple tools for lifelong comfort and ease. Instructor: V'Ann Giuffre. Classes are **\$2.50 each**, payable at the beginning of each month. Class fee is waived for Silver & Fit members, see front desk for details.

**Strengthen On Your Mat (92061 <sup>5/30/MPS</sup>) Fridays 10:00 am - 11:00 am.** Core strengthening class that combines pilates, basic exercise moves, and yoga. Bring a bottle of water and a mat. Classes are \$2.50 each, payable at the beginning of each month. Instructor: Rosy Pritchett **\$10.00/4 classes**

**Yoga Classes** Yoga attempts to balance mind and body via physical postures, controlled breathing, relaxation and meditation. Improve balance, flexibility, strength and more. Classes are designed for all levels. Mats are available, but you are welcome to bring your own.

- **Hatha Yoga (92035 <sup>3/25/MPS</sup>) Tuesdays, 2:30 - 3:30 pm** Incorporates the use of postures and stretches linked with the breath to develop flexibility. A combination of floor and standing poses is used to create a flow of movement that encourages proper alignment, balance and opening of the body. Instructor: Debbie Melchiorre/Michelle Varley **FREE!**
- **Chair Yoga** Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends.

**Tuesdays (92053 <sup>3/30/MPS</sup>) 3:45 - 4:45 pm** Instr: Debbie Melchiorre/MVarley. **FREE!**

**Thursdays (92046 <sup>3/30/MPS</sup>) 3:45 - 4:45 pm** Instr: Rosy Pritchett. **\$10.00/4 Classes**

- **Gentle Yoga (92052 <sup>3/15/MPS</sup>) Mondays, 1:00pm - 2:00pm** Gentle yoga incorporates the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. Students should be able to get up and down from the floor on their own. Instructor: Rachel Cowley. **\$4** per class, payable at the beginning of each month.
- **Relax, Renew & Restore Yoga Workshop (92060 <sup>3/8/MPS</sup>) Friday, May 26, 3:30-5:00 pm** Experience restorative yoga poses that let you relax deeply and consciously, allowing tension to release from the body and energy to flow. Postures are seated or lying down with the use of props for optimal comfort. Instructor: Michelle Varley. **Class fee: \$4**

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Sign Ups Begin 9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice <b>10:00 Medicare Counseling</b> 10:00 Café Exchange 10:15 ZUMBA Gold 12:15 Multi-Media Painting 1:00 Fitness Orientation (92027) 1:00 Gentle Yoga 2:15 Karaoke & Music <b>3:00 iPad/iPhone</b> 5:00 Fit Start I	9:00 Fit Start I 10:00 Windows 10 10:00 Quilter's Lab <b>9:00 AARP Driver Safety</b> <b>1:00 CPR Training</b> 2:30 Hatha Yoga 3:45 Chair Yoga	<b>8:00 Winstar Departs</b> 9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making <b>10:00 HSAC Crafting</b> 10:15 ZUMBA Gold 11:00 Spanish Club 1:00 Acey Ducey Lessons <b>2:00 Ladies Powder Puff Pool</b> 2:00 Aircraft & Helicopter <b>4:00 Non-Contact Boxing</b> 5:00 Fit Start I	9:00 Fit Start I 10:00 Writing Group 10:30 Ageless Grace 1:00 Ceramics & Wine Bottles 1:00 Pastel Painting 12:30 Hurst Liners Practice 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 3:45 Chair Yoga 6:00 Art Addicts <b>6:00 Potluck Bingo</b>	<b>9:30 You Can Paint w/Oils</b> 10:00 Strengthen On Mat 10:00 iPad/iPhone 10:00 Café Exchange 10:00 Art Addicts <b>12:00 Movies and Munchies</b> <b>2:00 Aging Mastery Program</b>
<b>9:00 Fit Start II</b> 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange <b>10:15 ZUMBA Gold</b> 12:15 Multi-Media Painting 1:00 Gentle Yoga <b>1:00 Computer Club</b> 1:00 Fitness Orientation (92028) <b>1:00 Essential Oil Workshop</b> 2:15 Karaoke & Music <b>3:00 iPad/iPhone</b> 5:00 Fit Start I <b>7:30 Night at the Artisan</b>	9:00 Fit Start I <b>9:00 Pinterest Projects</b> 10:00 Windows 10 <b>10:00 Advanced Self Defense</b> 10:00 Quilter's Lab <b>10:00 Texas Hold'em Tournament</b> <b>11:00 Premier Tours Global</b> 1:00 Ceramics & Wine Bottles <b>2:00 Get Your Pics</b> 2:30 Hatha Yoga <b>2:30 Bead Mania I</b> 3:45 Chair Yoga	9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making 10:00 HSAC Crafting <b>10:00 Fulfilling Feasts of Israel</b> 10:15 ZUMBA Gold 11:00 Spanish Club 12:30 42 Player Luncheon <b>1:00 Health Talk</b> 1:00 Acey Ducey Lessons <b>2:00 Birthday Party</b> <b>4:00 Non-Contact Boxing</b> 5:00 Fit Start I 6:00 Fitness Orientation (92025)	<b>8:30 Breakfast Club</b> 9:00 Fit Start I <b>9:30 Empty Bowls 2018</b> <b>10:00 Medicare Option Vets</b> 10:00 Writing Group 10:30 Ageless Grace 12:30 Hurst Liners Practice 1:00 Pastel Painting 1:00 Ceramics & Wine Bottles 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 3:45 Chair Yoga 6:00 Art Addicts <b>7:00 Dance –Pete &amp; Patti</b>	10:00 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange <b>10:00 Edward Jones Presents</b> 10:00 Art Addicts <b>11:00 Happy Hatters</b> 11:00 8-Ball Singles Tournament <b>11:00 Social Ballroom Dance</b> <b>2:00 Aging Mastery Program</b> <b>2:15 Newcomers Connection</b>
9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange <b>10:15 ZUMBA Gold</b> 12:15 Multi-Media Painting 1:00 Gentle Yoga 1:00 Fitness Orientation (92029) 2:15 Karaoke & Music <b>3:00 Book Club</b> <b>3:00 iPad/iPhone</b> 5:00 Fit Start I	9:00 Fit Start I <b>9:00 Pinterest Projects</b> 10:00 Windows 10 10:00 Medicare Advantage 10:00 Quilter's Lab <b>10:00 Basic Self Defense</b> 1:00 Ceramics & Wine Bottles <b>1:00 F3E: Annuity &amp; Social Secur.</b> <b>2:30 Floral Arranging</b> 2:30 Hatha Yoga 3:45 Chair Yoga	9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making <b>10:00 HSAC Crafting</b> <b>10:00 Ask a Pharmacist</b> 10:15 ZUMBA Gold 11:00 Partners Pool 11:00 Spanish Club 1:00 Acey Ducey Lessons <b>2:00 Bingo In The Afternoon</b> 2:00 History of Aviation <b>4:00 Non-Contact Boxing</b> 5:00 Fit Start I	9:00 Fit Start I 10:00 Writing Group <b>10:00 Coloring Therapy</b> 10:30 Ageless Grace 12:30 Hurst Liners Practice 1:00 Ceramics & Wine Bottles 1:00 Beg. Line Dancing <b>1:00 Pastel Painting</b> 1:45 Inter. Line Dancing 3:45 Chair Yoga <b>5:30 Spud &amp; a Show</b> 6:00 Art Addicts	10:00 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts <b>11:00 Social Ballroom Dance</b> 1:00 Glass Fusion (Open) <b>2:00 Aging Mastery Program</b>  <b>8:00 am—2:00 pm</b> <b>CarFit Check</b> <b>By appointment</b>
9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 10:15 ZUMBA Gold 12:15 Multi-Media Painting 1:00 Gentle Yoga 1:00 Computer Club 1:00 Fitness Orientation (92030) 12:30 Jewelry Repair 2:15 Karaoke & Music <b>3:00 iPad/iPhone</b> 5:00 Fit Start I	9:00 Fit Start I <b>9:00 Pinterest Projects</b> <b>10:00 Advanced Self Defense</b> 10:00 Quilter's Lab 10:00 Windows 10 1:00 Ceramics & Wine Bottles <b>2:00 Get Your Pics</b> <b>2:30 Bead Mania II</b> 2:30 Hatha Yoga 3:45 Chair Yoga	9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making <b>11:00 Facebook for Desktop</b> 9:30 Glass Fusion Lessons <b>10:00 Fulfilling Feasts of Israel</b> 10:00 HSAC Crafting 10:15 ZUMBA Gold 11:00 Spanish Club 1:00 Acey Ducey Lessons <b>2:00 Texas Hold'em Tournament</b> 5:00 Fit Start I <b>4:00 Non-Contact Boxing</b> 6:00 Fitness Orientation (92026)	9:00 Fit Start I 10:00 Writing Group 10:30 Ageless Grace <b>11:30 What's for Lunch</b> 12:30 Hurst Liners Practice 1:00 Ceramics & Wine Bottles 1:00 Pastel Painting 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing <b>3:00 Bunco</b> 3:45 Chair Yoga 6:00 Art Addicts <b>7:00 Dance - Doc Gibbs</b> <b>6:00 HVP: Summer Kick Off</b>	10:00 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts <b>11:00 Social Ballroom Dance</b> 11:00 9-Ball Singles Tournament <b>3:30 Relax, Renew, Restore</b>
<b>Senior Center Closed For Holiday</b>	9:00 Fit Start I <b>9:00 Pinterest Projects</b> 10:00 Quilter's Lab 10:00 Windows 10 1:00 Ceramics & Wine Bottles 2:30 Hatha Yoga 3:45 Chair Yoga	9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 Spanish Club 1:00 Acey Ducey Lessons <b>4:00 Non-Contact Boxing</b> 5:00 Fit Start I	<b>"Massage/Reflexology"</b> <b>Wednesdays,</b> <b>10 am—11am</b> <b>by Appointment</b>	<b>See</b> <b>"Open Activities"</b> <b>for additional continuous</b> <b>classes and programs.</b>

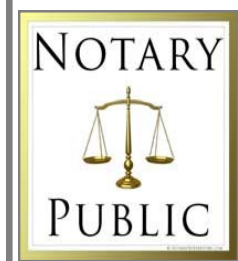
*"A Quick Bite"*  
*Tuesdays at Noon*  
*Only \$5*

You choose your main entrée..  
All meals come with a cup of  
soup, and a dessert.  
See front desk for menu.

Place your order and pay at the  
front desk by 10 am on Tuesday.  
Pick up orders noon to 12:30 pm.

Upcoming Entrée Menu

- May 2: Baked Potato
- May 9: Salad Sampler
- May 16: Baked Ziti
- May 23: Chicken Pot Pie
- May 30: Chef Casserole



Need something notarized? The Senior Center offers free notary services. No appointment necessary, but we do recommend you call to be sure the notary is in the office. Notary service is FREE to Senior Center members.

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